



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

JANUARY 7, 2022

NEW THIS WEEK!

*****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov***

EVERYONE 12 AND OLDER CAN GET THEIR BOOSTER!

COVID-19 Booster Doses

Adolescents age 12 and older are now eligible to get a booster, 5 months after their second Pfizer shot.



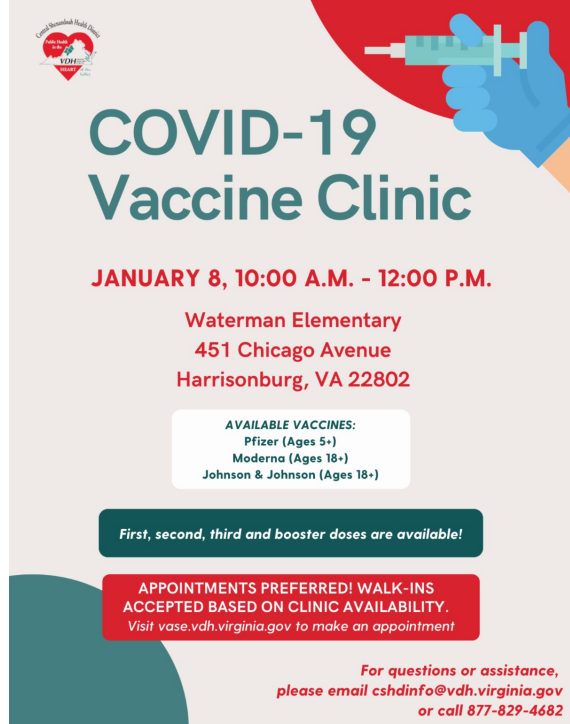
As of 1/05/2021

Everyone 12 years old and older is now eligible to receive a COVID-19 booster shot 5 months after their second Pfizer shot, 6 months after their second Moderna shot, and 2 months after their Johnson & Johnson shot.

CSHD is offering booster shots to all eligible individuals! Make an appointment at vase.vdh.virginia.gov.

**Read the Latest from
CDC**

UPCOMING COMMUNITY VACCINE CLINICS IN HARRISONBURG



COVID-19 Vaccine Clinic

JANUARY 8, 10:00 A.M. - 12:00 P.M.

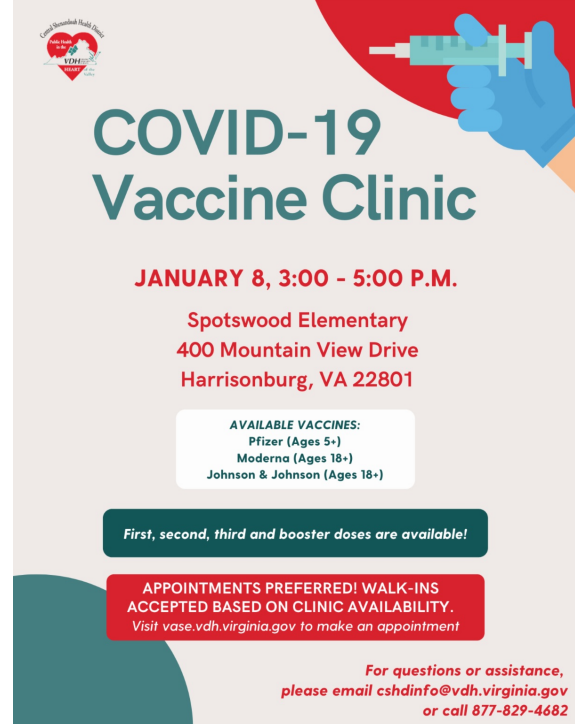
Waterman Elementary
451 Chicago Avenue
Harrisonburg, VA 22802

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

First, second, third and booster doses are available!

APPOINTMENTS PREFERRED! WALK-INS ACCEPTED BASED ON CLINIC AVAILABILITY.
Visit vase.vdh.virginia.gov to make an appointment

For questions or assistance,
please email cshdinfo@vdh.virginia.gov
or call 877-829-4682



COVID-19 Vaccine Clinic

JANUARY 8, 3:00 - 5:00 P.M.

Spotswood Elementary
400 Mountain View Drive
Harrisonburg, VA 22801

AVAILABLE VACCINES:
Pfizer (Ages 5+)
Moderna (Ages 18+)
Johnson & Johnson (Ages 18+)

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Clínica Gratuita de Vacunación Covid-19

8 de ENERO, 10:00 A.M. - 12:00 P.M.

Waterman Elementary
451 Chicago Avenue
Harrisonburg, VA 22802

VACUNAS DISPONIBLES:
Pfizer (mayores de 5 años)
Moderna (mayores de 18 años)
Johnson & Johnson (mayores de 18 años)

¡Están disponibles primera, segunda, tercera dosis, y dosis de refuerzo!

¡SE PREFIERE CITA PERO SON BIENVENIDOS SIN CITA PREVIA SEGÚN LA DISPONIBILIDAD DE LA CLÍNICA!
Visite vase.vdh.virginia.gov para registrar

¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!



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¿Tiene preguntas sobre la vacuna COVID-19 o necesita ayuda?
¡Enviar un mensaje a cshdinfo@vdh.virginia.gov o llame 877-829-4682!

CSHD is hosting two COVID-19 vaccine clinics this weekend on January 8, 2022.

Waterman Elementary, 10:00 a.m. - 12:00 p.m.

Pfizer, Moderna, and Johnson & Johnson (Ages 5+)

First, second, third and booster doses are available for anyone eligible.

Spotswood Elementary, 3:00 p.m. - 5:00 p.m.

Pfizer, Moderna, and Johnson & Johnson (Ages 5+)

First, second, third and booster doses are available for anyone eligible.

Walk-ins are accepted based on availability.

You can secure your spot by visiting <https://vase.vdh.virginia.gov>.

TESTING SCHEDULE CHANGES FOR JANUARY 2022



COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- With COVID-19 symptoms, and/or
- Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

NEW LOCATION!

PLEASE DO NOT ARRIVE BEFORE CLINIC START TIME OF 9:00 A.M. SO OUR TESTING STAFF CAN SET UP!

JMU U-PARK
1090 Devon Lane
Harrisonburg, VA

Monday & Thursday
9:00 -11:00 am

QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



PRUEBAS GRATUITAS DE COVID-19

El departamento de salud ofrece pruebas gratuitas de COVID-19 auto-servicio. Pruebas para aquellos:

- Con síntomas de Covid-19 y/o
- Contactos cercanos a un caso confirmado de Covid-19.

NO SE REQUIERE CITA!

NUEVA UBICACIÓN

PLEASE DO NOT ARRIVE BEFORE CLINIC START TIME OF 9:00 A.M. SO OUR TESTING STAFF CAN SET UP!

JMU U-PARK
1090 Devon Lane
Harrisonburg, VA

Lunes y Jueves
9:00 -11:00 am

PREGUNTAS? LLAME EL DEPARTAMENTO DE SALUD!

Testing for the week of January 10 will take place at JMU U-PARK!

Central Shenandoah Health District will continue to offer drive-thru testing at JMU U-Park on Monday, January 10 and Thursday, January 13 from **9:00 a.m. through 11:00 a.m.**

PCR tests are available. A health department staff member will call with results. Isolate until you receive a negative test to avoid spread.

Please **do not** arrive at the testing site before the start time of 9:00 a.m. to avoid overcrowding as staff prepare the clinic.

Read more about the CDC's Testing Guidance

UPDATED QUARANTINE AND ISOLATION GUIDANCE

On Monday, December 27, 2021, the Centers for Disease Control and Prevention (CDC) announced a change to the current COVID-19 isolation and quarantine guidance. This decision was based on most recent data around COVID-19, including the Omicron variant. The current science demonstrates that the majority of COVID-19 transmission takes place earlier after infection, typically in the first 1-2 days before symptoms appear and about 2-3 days after. It is important to note that this is only when the majority of transmission occurs. **Individuals who have tested positive can still be contagious up to 10 days after their symptoms started or they tested positive (for asymptomatic cases).** This means they can still infect others with the virus, even if their symptoms have improved or they had no symptoms, for up to 10 days.

New CDC Quarantine Guidelines

According to the CDC, if exposed to a positive COVID-19 case:

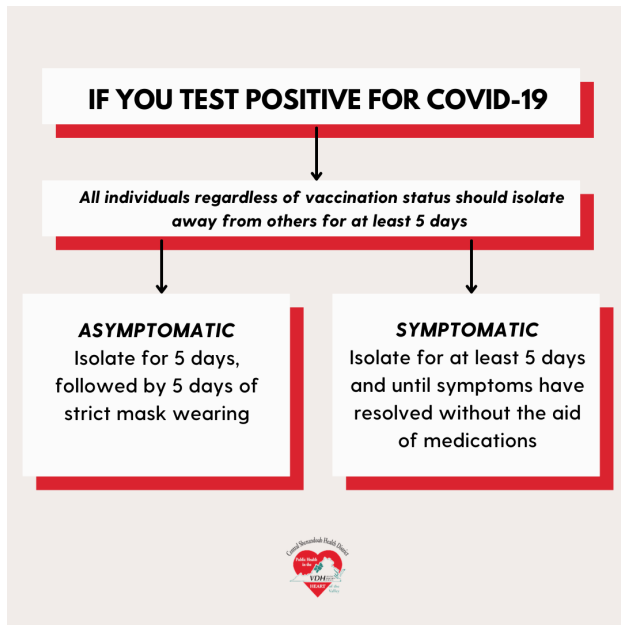
- All individuals, regardless of vaccination status, are recommended to get tested 5 days after the LAST exposure to someone with Covid-19.** If at any point the individual starts experiencing symptoms, they should seek testing and return home immediately until a negative test confirms symptoms are not COVID-19 related.
 - Fully vaccinated and boosted individuals** should commit to a 10-day period of strict mask usage around others.
 - Unvaccinated and un-boosted individuals** should quarantine for 5 days, followed by another 5 days of strict mask usage.

New CDC Isolation Guidelines

The CDC has updated isolation guidelines for anyone who tests positive for COVID-19, regardless of vaccination status. If tested positive:

- Asymptomatic individuals or those individuals with mild symptoms that resolve within 5 days** may end isolation on day 5, followed by another 5-day period of strict mask usage (day zero is when an asymptomatic individual tests positive / when symptoms start).
- Symptomatic individuals, including those with fever or any other symptoms that have not resolved by day 5,** should remain in isolation until symptoms have improved and/or the fever breaks without the help of fever-reducing medication.
- Please note:** for those who are eligible to end their isolation before day 10, strict mask usage until day 10 is

incredibly important for reducing the spread. A person with Covid-19 should continue to isolate for 10 days if they are not able to continuously wear a well-fitted mask.



Read the Latest from the
CDC

NEW DATES FOR HEALTH DEPARTMENT COVID-19 VACCINE CLINICS



HEALTH DEPARTMENT CLINIC UPDATES

Walk-ins are welcome!
To secure your spot, visit vase.vdh.virginia.gov
First, second, third and booster doses available for all eligible people

HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT

Wednesdays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.
(Lunch Break 12:30 - 1:30 p.m.)
Ages 12+: Pfizer, Moderna, Johnson & Johnson

WAYNESBORO HEALTH DEPARTMENT

Mondays, 9:00 a.m. - 1:00 p.m.
Ages 12+: Pfizer, Moderna, Johnson & Johnson

Mondays, 2:00 - 6:00 p.m.
Ages 5-11: Pfizer

CSHD has updated our COVID-19 vaccine clinic schedule for 2022!

These clinics will accept walk-ins or appointments can be made at: <https://vase.vdh.virginia.gov>

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases Reported^A

447

7-Day Average Number of Daily New Cases Reported

364

7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population

120.9

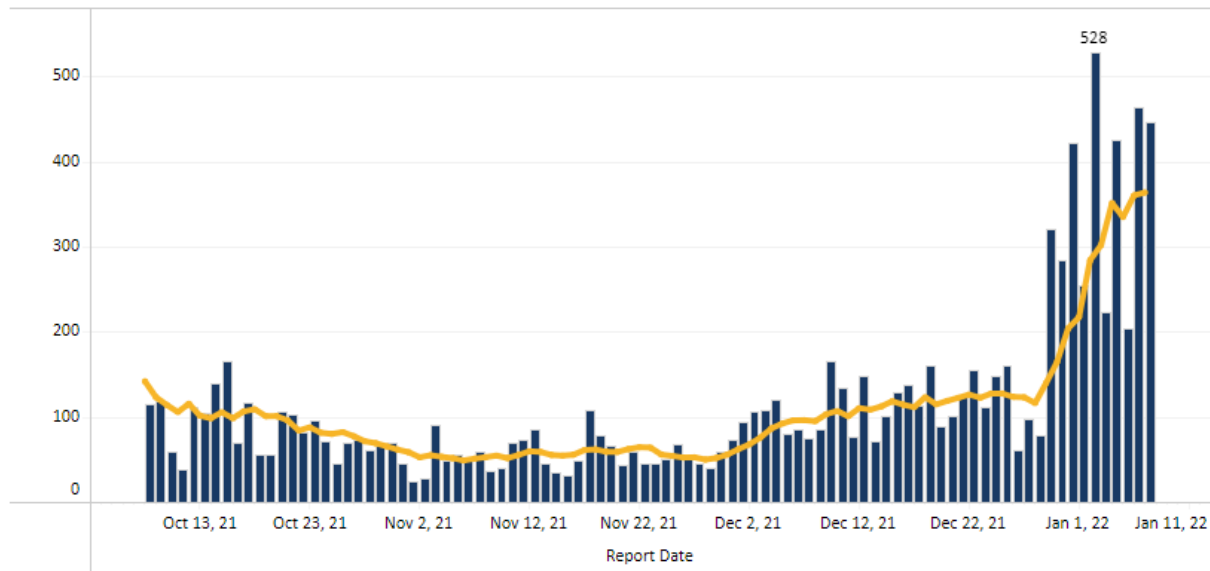
Total Number of New Cases per 100,000 Population within last 14 days

1,320

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	68	11,223	701	182
Harrisonburg City	84	9,705	311	116
Augusta County	136	13,021	342	144
Staunton City	27	4,143	110	88
Waynesboro City	17	4,211	111	54
Rockbridge County	9	2,499	89	71
Lexington City	10	1,811	39	38
Buena Vista City	7	1,557	36	34
Bath County	4	610	20	15
Highland County	5	259	4	4
Totals:	367	49,039	1763	746

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	57.5	52.8	66.8	61.5
Harrisonburg City	58.5	52.2	62.6	56.3
Augusta County	59.6	55.5	67.8	63.4
Staunton City	70.1	63.7	78.5	71.8
Waynesboro City	65.6	59.6	77.6	71.2
Rockbridge County	61.1	56.3	68.7	63.4
Lexington City	60.6	53.7	62.3	55.9
Buena Vista City	59.7	53.6	69.7	62.7
Bath County	58.8	52.1	66.6	59.2
Highland County	59.5	55.6	66.5	62.8
Totals:	61.1	55.5	68.7	62.8

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

Health Education Corner



January is National Blood Donor Month!

January is National Blood Donor Month and we are currently experiencing an emergency blood shortage. YOU may be able to help! Lifesaving blood donations are essential for hospital patients in need of urgent medical care. Anyone who is eligible to donate blood is encouraged to share their good health.

[Click here](#) to learn about blood donations, donor eligibility, and to find a blood drive near you. Please share with your family, friends, and community!

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)** and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

